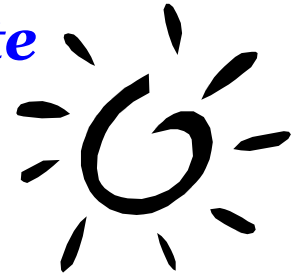


Bright Ideas for Washington State Bright Futures

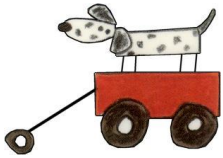
Summer 2006



A News Update from the Washington State Bright Futures Project

Bright Futures Early Childhood Celebration

Washington State early childhood health and early learning stakeholders met on June 6, 2006 to celebrate successes and contributions of pilot sites of the Bright Futures in Early Childhood Project. Participant stories and evaluation results



were shared, as well as exciting changes under way for young children and their families in Washington State. Reflections from four Bright Futures pilot site project staff who presented their experiences are as follows:

- ❖ **Grant County:** Staff and families regularly use the teacher's "black box" of Bright Futures materials to become more educated about health. "We learn together".
- ❖ **Walla Walla:** "This project has given me a voice", according to the health coordinator. She appreciates the school district's increased commitment to health.
- ❖ **Chelan-Douglas:** The Bright Futures project has provided common awareness and tools for health promotion. This team's "web" of connection has strengthened over the year, allowing them to take a look at health issues prevalent in the community, and to focus efforts on a specific goal. In addition, the health coordinator used the Family Pocket Guide in Spanish to develop an 8 week health curriculum for seasonal workers.
- ❖ **Snohomish County:** The health program here expanded to include educators and administrators. Staff attitude and vision about health have changed. Now, family conferences include health topics, and staff initiates requests of the health coordinator regarding health needs of children and families. Health is identified as the primary goal for next year, and health staff has been added to the program to meet this goal.

Conferences

◆ Conference on Advancing School Based Mental Health, September 28-30, Baltimore, MD. The Washington State Bright Futures project has been invited to present our school nurse mental health training activities and outcomes at the 11th annual conference of the Center for School Mental Health Analysis and Action and the University of Maryland School of Medicine.

◆ WAEYC, Saturday, October 28, Healthy Kids, Brighter Futures, 8:30 – 11:30 am.

◆ Zero to Three, December 1-3, Albuquerque. Details to follow.

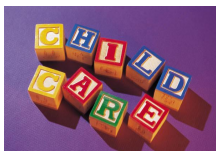
National News

- ★ Content reviewers for new version of Bright Futures Guidelines being recruited
- ★ New edition of Bright Ideas <http://brightfutures.aap.org/web/Newsletter/BrightIdeas41.pdf>
- ★ Family Matters Project update
- ★ Bright Futures Training Intervention with office staff update

Mental Health Foster Care Project Completed

Over 150 people attended the Bright Futures Mental Health Promotion for Children in Foster Care trainings held in 9 cities across the state of Washington from May through July, 2006. Approximately 30 of these attendees were foster parents. Trainings were held in the following locations: Mt. Vernon, Olympia, Omak, Seattle, Spokane, Tacoma, Vancouver, Walla Walla, and Yakima. Comments from those who attended:

- "If I would have had this training when I started being a foster parent I wouldn't have the problems that I have now."
- "Just having the books to fall back on is great."
- "This class was the best one I've attended in a long time, great info and instructors."
- "This class should be required for all new foster parents."
- In response to "What one piece of this training will you take back with you and use in your role as a caregiver or ally?", the response was – "Too many to list."



Child Care Health Consultant Mental Health training

In partnership with the Division of Child Care and Early Learning, two Bright Futures mental health trainings were held in June, 2006 for Child Care Health Consultants, to support use of Bright Futures materials in training and technical assistance to child care providers. Training focused on Bright Futures core concepts, and promotion and prevention in mental health, with an emphasis on hands on, practical use of the Bright Futures materials. 21 consultants attended the trainings held in Moses Lake and Renton, representing nineteen Washington counties:

The child care health consultants were, overall, quite satisfied with the training, indicating that:

- after the training their knowledge of Bright Futures Mental Health materials had increased significantly
- they are likely to use the materials in their upcoming work,
- they found the training useful and expressed interest in other Bright Futures materials.

Washington State Bright Futures is funded by the WA State Maternal & Child Health Program

Summer 2006

- ✧ National Business Group on Health
- ✧ Federal Partner Programs
- ✧ MORE!!!

Evaluating the Use of Bright Futures Health Promotion Materials with Parents of Young Children with Special Needs

Janel D. Lauer, MPH, OTR completed a process evaluation of *Bright Futures* materials given to parents of young children with special needs at Boyer Children's Clinic early intervention program. The evaluation assessed general use of the handouts, opinions about content, relevance for parents of children with special needs, and barriers to use. Noting that some respondents felt the handouts should be used selectively based on the child's age or special needs, parents generally felt that the handouts provided valuable information. Materials provided to parents included: "Communicating with Children", "Special Time", "Stimulating Environments", "Self-Esteem" and "Infancy Family Tip Sheet".

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We Welcome Your Bright Futures Stories!

